

## Ageless Grace® Renew, Refresh and Retreat Schedule

I'm so excited to share the line-up of AMAZING and AWESOME women who are presenting at the **5th Annual Renew Refresh & Retreat** sponsored by Ageless Grace® -- showcasing very talented and passionate Certified AG Educators as speakers, facilitators and presenters on the subjects they LOVE!

xoxoxo **Let's PLAY!** *Denise Medved*

### Thursday June 23

- 9am-1230pm** ***Educator Recertification Workshop*** – for Educators who want to recertify - \$30 additional Fee for this event – register on the website 's ANNUAL RETREAT page
- 1-330pm** Check in/Strolling around the lake or waterfall/Strolling the Retreat Shopping Mall tables (displays downstairs of awesome offerings!)
- 330-4pm** ***Welcome Ceremony***
- 4-530pm** ***Barbara Kunz, London Ontario – Coloring Your Brain & Nervous System***  
Settle into a retreat state of “open mind” and bring your pencil crayons
- 530-730pm** ***Feast of Fellowship and Abundance*** - Each person brings a dish to share and we eat together in the Sanctuary. There is a commercial kitchen downstairs to refrigerate or heat food plus a deli and grocery just down the road.
- 630-730pm** ***Jane Rosen, Pittsfield MA – Let's Get Away From It All***  
5<sup>th</sup> Anniversary Evening Cabaret Entertainment by one of our own!

***Clothing Swap*** - bring gently worn clothing you want to trade in return for someone else's clothing treasures - throughout the Retreat!

### Friday June 24

- 830-930am** ***Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators***
- 930-10am** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 10am-12pm** ***Kathy Woods, Fishers IN – Create Your Journal: Connect, Create & Celebrate Your Awesomeness***  
Bring your own scissors and paint smock/old shirt to protect your clothes.  
Materials Fee - \$5.00
- 12-230pm** Lunch Break on your own — a list of possibilities from staying onsite to within 1 mile will be provided, including vegetarian and gluten free options
- 230-4pm** ***Marghi McClearn, Tallahassee FL – Explore the Magic – The Journey***  
Bring a picture of you at or around age 5. Materials Fee - \$3.
- 4-430pm** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 430-6pm** ***Laura Olinger, Boulder CO – Belly Fat! - and What To Do About It!!***
- 6pm** Dinner on your own — or you can make a reservation in advance to eat with a group at Thai Spice (delicious and not spicy) in Hendersonville

## Saturday June 25

- 830-930am**     ***Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators***  
**930-10am**     Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 10-1130am**     ***Christine Murphy, Pembroke Pines FL – A Balanced Mind, Body & Spirit is a Body Perfect***
- 1130am-2pm**     Lunch Break on your own — a list of possibilities from staying onsite to within 1 mile will be provided, including vegetarian and gluten free options
- 1230-2pm**     ***Casaundra Bennett, West Point GA & Hendersonville NC – Creative Writing As an Act of Shamanic Power***  
**Note:** Limit of 10 Participants - Must sign-up in advance for this workshop
- 230-4pm**     ***Karen Haseley, Greenbelt MD – Walk with Ease (WWE)***  
**4-430pm**     Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 430-6pm**     ***Linda Reihs, Hendersonville NC – Weigh-Less with Grace***  
**600pm**     Dinner on your own — or you can make a reservation in advance to eat with a group at El Paso (Mexican and many options and prices) in Hendersonville

## Sunday June 26

- 830-9am**     ***Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators***  
**9-1030am**     ***Jo-Ann Pinel, London Ontario – Nia Move to Heal: Body Awareness, Pain & Pleasure***
- 1030-11am**     Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 11am-1230pm**     ***Kate Stockman, Saluda NC – The Year 'Round: How We Spend the Seasons of our Life***
- 1230-1pm**     ***Closing Ceremony***